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Week's Building Permits Total \$11,029 For Quake Repairs in City

With the single exception of one new home, under construction in Walteria, all building permits issued from the city engineer's office this week went to property owners planning reconstruction of structures damaged in the Nov. 14 earthquake. The week's construction total amounted to \$11,029 and the individual permits were issued to the following:

Irving W. Snow, reconstruct chimney at 1512 Post ave. \$150.
Mrs. Amanda L. Winkler, reconstruct chimney at 1507 El Prado, \$75.
W. Harold Kingsley, reconstruct chimney at 1434 El Prado, \$75, and at 1428 El Prado, \$80.
Mrs. M. E. Shaughnessy, reconstruct chimney at 1412 Manuel ave. \$100.
Mrs. Mabel T. Boynton, reconstruct chimney and repair plaster at 1606 Post ave. \$350.
J. L. Brown, repairs to store building at 1513-19 Cabrillo ave. \$4,000.
Arrin Staddon, demolition of damaged part of store building at 1910 Carson st. \$800.
Phil Rupp, repairs to chimney at 1223 Arlington ave. \$53.
John Disario, reconstruct a chimney and repair firebox at 1448 Engracia ave. \$50.
A. G. Solomon, reconstruct a chimney at 1751 Gramercy ave. \$36.
Susie Steepleton, demolition of brick work on store and apartment building at 2203-07 Torrance blvd. \$1,000.
Long Beach Bldg. & Loan, erect canopy and scaffold and take down fire walls as needed at 1218 El Prado, \$800.
F. Jarratt, reconstruct chimney and fireplace at 1028 Acacia ave. \$100.
D. C. Turner, remove fireplace and close in opening at 1923 Andrew ave. \$40.
Douglas Harline, four-room frame residence and single garage at 2421 Los Codona ave. \$2,200.
Sam Levy, repair damage to stores, offices and apartments at 1809-11-13 Sartori ave. \$1,500.
Col. N. F. Jamieson, reconstruct chimney and repair firebox at

Have You Read ?



By AILEEN MOSHER

"LANGUAGE IN ACTION" By S. I. Hayakawa

If the title "Language in Action" frightens you, let me reassure you. Though the book is in the strictly educational class, it is completely enjoyable and amusing. When S. I. Hayakawa wrote this book, he proved once again the principle that learning can be entertaining as well as instructive. In this new discourse on the 20th century's newest science, semantics, we are given a working illustration of words and language and their meanings, their reactions on people rather than dictionary definitions.

Semantics is a fascinating science, as is shown in this December book-of-the-month. I believe everyone has noticed how different people react differently to an identical word or statement. The study of such reactions is an important part of this book. How common is the remark, "that's a trick question?" When one word can have a dozen or so meanings, how do we know which way to use that particular word to convey the meaning we have in mind? For accurate speaking and interpreting, this book is indispensable.

The world in which we live is very much a world of words. Think of the radio, newspapers, books, speeches, informal conversations, and many more factors of everyday life whose existence necessitates words or language. When something is as important and omnipresent as language, should we pass by any opportunity to help ourselves in understanding, in use, and in clarification? Very often there are cases where one person talks "above" another, though their vocabularies may be in the same category. Thus we have the significance of words, not just by definition, but by use. Use is a tremendously important word in itself.

Family squabbles, neighborhood rows, unfortunate business situations, court cases, and civil and international wars have been started by the misunderstanding of words. How to use a word so it will gain the effect desired, how to understand words of others, are the basis of a true communication and complete understanding between people. S. I. Hayakawa has given us the key to accurate thinking and speaking in a "Language in Action."

For the one-mystery-a-week fans, I advise Sue MacVeigh's latest thriller, "The Corpse and the Three Ex-Husbands." It's all right—it surely is.

struct chimney at 1804 Gramercy ave. \$150.
Charles Murray, demolition of Erwin hotel earthquake damage at 1212 El Prado, \$100.

Protein Vital In U.S. Health Defense Effort

An army of nutrition workers, scientists, physicians and others in the public health field are engaged in an all-out health defense effort to conquer malnutrition, now recognized as America's No. 1 health problem.

In this program to make Americans strong by making Americans stronger, feeding the family is the homemaker's most important task. It is a task made easier by a knowledge of good nutrition and of the factors necessary in an adequate diet.

Value of Protein

Among the diet factors, protein ranks first as a body-builder. About 18 per cent of the human body consists of protein. No life exists without it. Protein is necessary for building and repairing body tissues. It furnishes energy and it also enters into the structure of certain hormones which have a specific action on vigor and general efficiency.

The word, "protein" was coined in 1838 by Mulder, a Dutch chemist, from the Greek word, "protos," meaning "in first place." Proteins differ greatly because they are made up of various amino acids known as "building stones." When protein is digested these amino acids are set free and are reconstructed to fit the needs of each body cell.

A plentiful protein supply is imperative for good health. Persons subsisting on low-protein diets show slowness in mental reaction, lowered resistance to disease and other ill effects. Authorities recommend about 75 grams or preferably 2/3 gram per pound of body weight as the daily protein requirement. Thus a man weighing 155 pounds requires about 100 grams of protein daily—about 3.5 ounces. Children require two to three times as much protein per unit of body weight as adults.

Protein in Reading Diet

Contrary to former beliefs that high protein diets cause kidney disease, physicians now use such diets in treating kidney ailments. Dr. Leo K. Campbell, Rush Medical College, Chicago, has shown that on diets high in protein, overweight persons lost 8 to 12 pounds monthly. He also proved the value of a high-protein diet for weight gaining.

Protein Content of Common Foods

Food	Protein (grams)	Relative Amount of Protein
LIVER	25	4
VEAL	20	4
LEAN MEAT	15	4
POULTRY	15	4
FISH	15	4
LAMB	15	4
PORK	15	4
CHEESE (hard)	15	4
EGGS	15	4
MILK	15	4
CHEESE (soft)	15	4
BEANS	15	4
PEAS	15	4
WHEAT	15	4
RYE	15	4
BARLEY	15	4
MAIZE	15	4
SOY BEANS	15	4
WHEAT (whole)	15	4
WHEAT (bran)	15	4

COMPARE the QUALITY and QUANTITY of PROTEIN from DIFFERENT FOODS. INCLUDE in the DIET FOODS of HIGH GOOD QUALITY PROTEIN.

Because they contain all necessary amino acids, proteins of animal origin—meat, milk, cheese and eggs—rank highest nutritionally and are called "complete" proteins. Half of the daily protein intake should be of animal origin. Glandular meats, such as liver and kidney, contain protein of exceptionally high value.

Sources of Protein
The accompanying chart, carrying the seal of acceptance of the Council on

Foods and Nutrition of the American Medical Association, shows the relative amounts of protein furnished by different foods, based on average servings. Three stars opposite a food indicate that its protein is of high quality. A sufficient daily protein supply of animal origin is furnished by 2 servings of meat, or by 1 serving of milk, glasses of milk and 2 eggs. The additional protein needed in the diet may be obtained from more of these foods and from cereals, legumes, etc.

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Christmas Trees Are Big Business And Boon to Nation's Forests Because of Vital Thinning

The night before Christmas this year will again see millions of Americans revive the old custom of trimming the tree.

Although this season Christmas shoppers and seekers of holiday cheer may feel the pinch of shortage caused by priority rulings on various raw materials and industries, the supply of evergreen trees is ample to fill the demand, which annually swells the volume of Christmas tree business to upwards of \$10,000,000.

There is a possibility that the Canadian shipments of approximately two and a half million trees might be curtailed because Canada's war effort has necessitated the absorption of more and more labor into defense industries. Canadian trees, however, have been sold exclusively in the large eastern and mid-west cities, whose markets can be adequately filled by the New England and Great Lakes region supply.

Benefits Farmers
Almost every kind of evergreen tree has been used as the symbol of the Christmas spirit. In the Northeastern and Lake states, for instance, balsam fir enjoys the greatest popularity; in the South, where fir is difficult of access, scrub pine is most commonly used, while in the Rocky Mountain, Pacific Northwest and Southwestern states lodgepole pine and Douglas fir, respectively, form the bulk of the supply.

Contrary to the belief of many, the cutting of Christmas trees is not inconsistent with good forestry practice. In the first place, most trees are cut by farmers who plant Christmas tree stock on land unsuited for agriculture and receive

from their annual crop of evergreens an income large enough to be extremely helpful at the season of the year when all other farm receipts are at their lowest.

Secondly, foresters agree that timber, like any other growing crop, needs to be thinned out in order that the remaining trees may attain their maximum size and strength. This is readily understandable when it is realized that frequently as many as 50,000 to 100,000 young seedlings can be found on a single acre. The periodic harvesting of the Christmas tree as of all other types, is actually an important part of progressive forestation. By means of this selective cutting and other accepted practices the timber products companies all over America are bringing our growing timber stand to its present productivity—more than adequate to meet all civilian and defense needs for decades to come.

Hessians Brought Custom
In other words, the cutting of

a certain percentage of young growth, or the harvesting of mature trees before they become over-ripe is an efficient way of helping Nature eliminate the less fit. Moreover, it helps prevent the accumulation of fallen dead trees, potential breeding places for insects and fungi, and a menace from the fire-fighting angle.

Since the days of the Revolutionary War, when homestead Hessian soldiers here brought evergreen trees from the woods to decorate and light them in accordance with their native German custom, the use of the Christmas tree has been known to us.

Because of the feeling on the part of many churchpeople that the festivity connected with the tree was too much of a throw-back to ancient pagan ceremonies, however, widespread acceptance of the decorated tree did not follow for several decades.

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